



**Spring a time to shape up**  
As people shed their clothes, they also want to shed a few of those winter pounds.

# SPOKE

A training newsletter for journalism students

**Close to home**  
Whether hiking, fishing or biking, there's lots to see and do

News 4

**Baseball fever**  
Spoke columnist designs on whether this is the last good year

Sports 3

Monday, April 24, 2006

Conestoga College, Kitchener, Ont.

[www.conestogacollege.ca/spoke](http://www.conestogacollege.ca/spoke)

Vol. 14 No. 12

## The sexes use technology differently

### By LISA ANN ROBINSON

With technology becoming an increasingly important factor both in the workplace and in the home, it's no surprise that men and women use technology differently.

Researcher, February survey of Grade 10 to 12 students at your university and college students (ages 15 to 20) found that males and females use the technology differently.

The survey of 1,000 students is conducted by International Center for Gender Studies (ICGS) at the University of Toronto. The survey found that males and females use technology differently.

They found that males use technology more frequently than females. Males use technology more frequently than females. Males use technology more frequently than females.

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Both male and female students were equally comfortable using technology. The 10 per cent most likely to use technology in the workplace and at home were equally comfortable using technology in the workplace and at home.

In the survey, students also found that males use technology more frequently than females.

Students and educators could improve the technology supply by having more computers, having better teachers and students could use more computers to make up for the lack of teachers.

David Shapiro, executive program manager of Microsoft Canada, said he is excited about the results of the survey. "Students have a real understanding of technology," he said. "It is a pleasure."

Students will have a lot of work to do in the future. They will have to learn to use technology in the workplace and at home.

He said technology is important in the workplace and at home. He said technology is important in the workplace and at home.

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Photo by Chris Wright

### Pulling their punches

Mandy Bujard, a Conestoga College general business student, and her opening partner went out at the Waterloo Regional Boxing Club in Kitchener, April 18, won the Junior Canadian title in Quebec in heavyweight for boys and men's photos. (see Page 2)

## Students' project a winner

Two Conestoga students have each won \$1,500 from National Resources Council (NRC) as winners of the annual Energy Ambassador student competition.

Jon Douglas, of St. Paul's School, and Amanda Ford, of Conestoga, are both students in the technology program and they will receive their awards in the fall.

The students are in the Conestoga program, which is a two-year program that develops students' skills in the use of technology in the workplace.

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Each student has a project that they are working on. They are working on a project that they are working on.

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The Energy Ambassador program, which is a two-year program that develops students' skills in the use of technology in the workplace.

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for the national event next year and they will be working on a project that they are working on.

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## Five Conestoga College students win co-op awards

Five Conestoga College students received awards for their co-op experiences during the 2005-2006 academic year.

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# Bettye and Buddy rock the house

By LEE ROBINSON

When 70-year-old Mary, better known as Bettye Gray, walked on stage at Clark in the Spring for her 100th birthday party, she had a lot to say. In a moving performance, she told a touching story of her life. She said she was born in 1900, in a small town in Mississippi. She said she was a very happy girl, and she was very loved. She said she was a very happy girl, and she was very loved.

Her story was a very touching one. She said she was a very happy girl, and she was very loved. She said she was a very happy girl, and she was very loved. She said she was a very happy girl, and she was very loved. She said she was a very happy girl, and she was very loved.

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## Bench Warmers gives nerds a bad name

By ADAM BLAKE

If you like bench warmers, a place that really shows a person you're a nerd, and you can't win. You'll find the Bench Warmers at Clark in the Spring.

The group is a very talented one. They play a lot of music, and they are very good at it. They play a lot of music, and they are very good at it. They play a lot of music, and they are very good at it. They play a lot of music, and they are very good at it.

How do they like to play? They play a lot of music, and they are very good at it. They play a lot of music, and they are very good at it. They play a lot of music, and they are very good at it. They play a lot of music, and they are very good at it.

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**We're on the move ...**

**Peer Services** (your tutoring, peer supported learning group) just moved to our new location, 1836 (in the back of the Learning Commons) on May 1.

In September we are adopting a new name, "The Learning Commons" and will be opening a new service called, "The Writing Clinic". The Learning Commons will be operating out of 1836 until the we move into our permanent home in Conestoga's new Student Centre.

**NEW FOR FALL 2008:**

**THE LEARNING COMMONS**

**FEATURING THE WRITING CLINIC** providing supports to all students who want to improve their writing.

**Check out The Learning Commons in September 2008 in 1836, featuring: Peer Services, Learning and Study Skills and The Writing Clinic.**

# Belles of boxing

More women taking up the sport, enjoying the competition and athleticism

By LEE ROSENTHAL

**B**oxing is for guys, right? Not any more. Over the past 50 years, more and more women in boxing have found a sport that made it better than their old jobs.

One of the biggest reasons why women started in the sport is work. Most people are tired and sore after a long day at work.

The World Boxing Council has 115 female members and has been around the globe for 10 years. Recent champions of flyweight, bantamweight, superflyweight, featherweight, lightweight, welterweight, middleweight, and super-middleweight are all women. The first woman to win a world title was in May 1983. The first year the title was awarded was 1983. In January this year, three champions in the super-flyweight category, which means she was 112 and 113 lb.

One of the most influential people in the world of women's boxing is the daughter of Mike Tyson, Laila Ali. According to her website, Ali started her boxing in October 1994 and has been boxing to win for the sport of women's professional boxing. She has been a Triple Ring Champion, a World Champion, and was the winner of a Triple Ring World Boxing title in June last year.

Her biography, *Beats, Bangs, Bangers: Sport and Personal Power*, published in 2005 by Hyperion, has sold more than 100,000 copies. It is a story of a young woman who became a professional boxer and a role model for many young women.

The *Washington Post* Boxing Magazine, formerly known as the *Washington Regional*, *Father's Association Boxing Club*, tried to open one of these clubs in Washington, D.C. in 1983. It was in 1983 that it was founded in 1983. It was in 1983 that it was founded in 1983. It was in 1983 that it was founded in 1983.

Women's participation in the sport has increased. In 1983, there were only 10 women in the sport. In 1983, there were only 10 women in the sport. In 1983, there were only 10 women in the sport.

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Misty Buzell wears up time to training by shadowboxing with a heavy bag and practicing moves. Above the does stomach crunches. Misty is one of many female members of the Washington Regional Boxing Academy on King Street in Baltimore.

(Photos by Lee Rosenthal)

and had to make it a choice between the police department and the world of boxing. She chose the world of boxing.

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Championship was in Kansas City, Mo. in August.

"I'm going to be a champion," she said. "I'm going to be a champion."

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## NEW PHOTOCOPY SYSTEM

Conestoga Students Inc. have provided brand new copiers for student printing.

For students wanting to use the new copiers please visit the CSI STAFF office inside the SANCTUARY and purchase your print credits on your student card.

The new copiers use a swipe card payment system. Buy credits on your student ID and print away!

**CONESTOGA**  
STUDENTS INC.

## STUDENT CENTRE CONESTOGA

*If you have any questions regarding the Student Centre or you are interested in seeing photos please stop by the CSI Staff Office located inside the Sanctuary.*



## Conestoga Students Inc. SUMMER HOURS

Due to the construction of the NEW Student Centre and the subsequent moving of offices the self serve area will be closed for the summer,  
(STARTING APRIL 30TH)

MOST of your self serve needs can be offered to you at the CSI staff office. The CSI staff office will be located inside the SANCTUARY for the remainder of the summer.



answers



information



questions

CSI STAFF OFFICE  
Monday to Thursday 9AM - 4PM  
Friday 9AM - 2PM

## CONESTOGA STUDENTS INC. 2006-2007 DAY PLANNER

**CONESTOGA**  
STUDENTS INC.

IF YOU ARE INTERESTED IN  
ADVERTISING IN THE CSI  
STUDENT DAY PLANNER  
FOR THE 2006-2007 YEAR  
PLEASE CONTACT

Conestoga Students Inc.  
299 Doon Valley Drive  
Kitchener, Ontario  
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519-748-5131

[listen@conestogac.on.ca](mailto:listen@conestogac.on.ca)